



Largest beef recall in United States history

Vol 35, Issue 15

# THE FLYER



Salisbury University's Student Voice



Kosovo becomes inspiration to the oppressed

February 26, 2008

## Glover shares latest smoking cessation facts

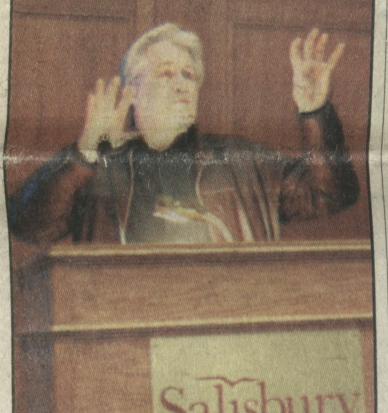
By Sara Sutton  
Staff Writer

Dr. Elbert Glover, professor and chair of the department of Public and Community Health, and Director and Founder of the Center for Health Behavior Research at the University of Maryland College Park, came to Salisbury University to give a lecture titled "The Latest Treatment Options and Research for Helping Smokers Quit."

Glover has been studying the science of smoking and smoking dependence for 32 years now and proved himself knowledgeable last Tuesday night in the Great Hall of Halloway.

Glover started his lecture by explaining the physiology of smoking and what a smoker is up against when trying to quit. Explaining, "The brain develops nicotine receptor sites, and when you quit smoking these sites don't go away, they just lay dormant," making it that much easier to relapse after having just one cigarette no matter how long you have quit smoking.

Another aspect he touched on was the environmental and behavioral aspects of smoking. Examples are lighting up every time you get in the car, or the cigarette you always have after class. Things like this become second



Public Relations photo  
Dr. Elbert Glover lectures at SU

nature and when you can recognize these habits and break them you're one step closer to quitting.

A student attending the lecture gave an example of his grandfather who started using a pack of toothpicks in his shirt pocket instead of cigarettes because he was so used to grabbing them and lighting up, not even aware of how much he was smoking.

Glover also stated that for his patients who are first time quitters he always tries to get them to go cold turkey at first.

"They haven't experienced what withdrawal feels like and some take it better than others," Glover said.

If that doesn't work there are a slew of other options to help one quit.

Nicotine replacement therapy is one of the more common methods used. This includes the patch and gum but is only used for the relief of withdrawal symptoms. Another method Glover was advocating was the use of new drug called Chantix™. Also known as Varenicline, the treatment is to help regulate your dopamine levels that have been thrown off from smoking. This in turn should help offset many of the symptoms of withdrawal.

## Salisbury gets the flu Vaccine is only 40 percent effective

By Sarah Janoske  
Staff Writer

director of Salisbury's Student Health Services.

According to Berkman, the absentee rate in classrooms has reached about 33



Overwhelmed with appointments, SU's Student Health Services has been sending 10-20 students to the Immediate Care Center each day.

Adrienne Price photo

percent, about a third of the student population sick with the flu or less severe illnesses such as head colds and bad sore throats.

Usually, the flu symptoms include headaches, fever, chills, overall body aches, severe fatigue, a bad cough or sore throat. The flu symptoms typically come fast and are more severe than the common cold. The flu can be brought on and triggered by high stress levels, not eating or sleeping right, or being in close quarters with other students in classes or dorm rooms.

"We're on our second wave of flu cases. The first was when students came back from break with a one to two week incubation period, so now we're on to round two. The students who came back healthy this semester have been exposed by friends and classmates," Berkman said.

Sophomore Sara Mattingly said, "There's no escaping it, it's like a monster. Students who live in the dorms are in such close quarters,

SEE FLU PG. 2

## Alvin Ailey II astounds at a sold out performance



Internet photo

By Lindsay Sappington  
Staff Writer

The Alvin Ailey American Dance Theater's junior company, Ailey II, returned to Salisbury University for two electrifying performances in Holloway Hall last Thursday and Friday nights.

The sold-out campus event packed Holloway Hall's auditorium with people of all ages. Before the dance performance on Thursday night, Dr. Charmaine Patricia Warren gave a lecture in an effort to give a deeper understanding of the fine art and culture of dance.

"They are considered the greatest modern dance company in the world," said director of Cultural Affairs June Krell-Salgado.

Along with the lecture on Thursday night, the performance consisted of three separate pieces with intermissions between each. Friday's program didn't have a lecture and the dancers performed six pieces, all different from the previous night.

"It's very energetic and full of life," said Princess Anne county resident Richard Smith.

Each act was choreographed by separate directors and contained different dancers which gave each dance a unique style.

"I was trying to understand it to see if there was a story behind it," freshman Sarah Schwartz said. "I really liked it." The high energy performances had the audience members clapping and cheering throughout the night.

"I thought it was really interesting just them being in sync with each other. I just thought it was amazing," said SU student recruitment officer Leroy Satchell. "Even though they were all dancing and doing their own thing, they were still interacting with each other. It was neat and very intense for me. It made me want to get up there and shake a leg!"

Alvin Ailey American Dance Theater was founded by Alvin Ailey himself. The nationally acclaimed company travels all over to share their athletic and artistic abilities with the world. Their shows are described as works of art, rather than performances.

"I cannot believe I am in Salisbury, Maryland, right now, taking in all this great art. It's amazing," said SU alumna Francis Hooks.

"Dancers are the athletes of the gods," said Krell-Salgado, quoting Albert Einstein.

Ailey II doesn't come every year to Salisbury but look for their next appearance. If you would like to find additional information on the Alvin Ailey American Dance Theater and Ailey II check them out online at <http://www.alvinailey.org/>.

## Kratovil vs. Harris for Congress

By Doug Allers  
Staff Writer

educational background.

Frank Kratovil currently lives in Stevensville, Maryland, with his wife and four sons. He is serving his second term as State's Attorney for Queen Anne's County and is the immediate past President of the Maryland State's Attorneys' Association.

Andy Harris lives in Cockeysville with his wife and five children. He is a doctor at Johns Hopkins Hospital in Baltimore and currently serves in the Senate of Maryland General Assembly. He also served in the Navy Medical Corps and the U.S. Naval Reserve as a Lt. Commander during Operation Desert Storm.

Kratovil received his degree from Western Maryland College in 1990 and continued his education at the University of Baltimore School of Law.

Harris received his degree from Johns Hopkins University in 1977, continuing his education at Johns Hopkins School of Hygiene and Public Health.

Each nominee has a widely different perspective on important issues that are surrounding this election.

Concerning the war in Iraq, Kratovil

takes a firm stand on his Web site, stating "the war in Iraq was a mistake and had I been in Congress I would not have voted for it." Speaking about the Iraq Study Group Report, Kratovil says that he agrees with its recommendations, supporting "setting appropriate benchmarks for progress" but does not believe that setting a specific timetable for withdrawal facilitates [the] goal of creating stability in Iraq."

"We must embrace the Iraq Study Group's recommendations to engage in an all-out diplomatic offensive within Iraq, the Middle East and the world to adopt a plan to stabilize Iraq and confront destabilizing forces," Kratovil said.

Harris, on the other hand, supports the war in Iraq and says "as a member of the military" he "understands the necessity of a strong national defense."

He vows to "fully fund our men and women in uniform fighting the War on Terror, improve the healthcare provided to members of the military and our veterans, and continue to fight terrorists where they are, so they do not attack again."



Internet photo

Democratic nominee Frank Kratovil

Concerning immigration, Kratovil says he is not against it and "supports lawful immigration and the ability of people to come to this country and achieve the American Dream by working hard and finding a better life for themselves and their families," but doing so legally. He adds that it is important to abide by the laws and that "blatantly ignoring violations of our

SEE CONGRESS PG. 2

## Convicted murderer released early

By Michelle Hinkle  
Staff Writer



Internet photo

Convicted murderer Jermaine S. Wright of Salisbury was released from prison more than three and a half years early as a result of good behavior.

Ruggles to stay behind and talk with him for 10 minutes before calling it a night. Disregarding her friend's warnings, Ruggles agreed. At 3:45 a.m. Charles saw Ruggles for the last time as she rode away in Wright's car.

The following day, with no sign

of Ruggles, her roommates filed a missing persons report with the Ocean City Police. Ruggles' father Larry said the police did not take the report seriously since recent graduates often want to "get lost to party" during Senior Week.

While biking near Whaleyville on June 19, a woman noticed something pink off to the side of the road. Upon closer inspection the woman realized that she had discovered the body of a teenage girl, later identified as Krista Ruggles. Wright was named the prime suspect after an autopsy revealed that Ruggles' death coincided with their encounter five days prior.

A grand jury indicted Wright on first degree murder charges in Aug. of 1995. The Worcester County State's Attorney's Office SEE MURDERER PG. 2

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HIGH 54	HIGH 42	HIGH 38	HIGH 46	HIGH 47	HIGH 43	HIGH 52
WIND/ SHOWERS	PARTLY CLOUDY	MOSTLY SUNNY	MOSTLY SUNNY	SHOWERS	MOSTLY SUNNY	MOSTLY SUNNY
LOW 37	LOW 25	LOW 27	LOW 40	LOW 33	LOW 34	LOW 41

# News briefs

National Foreign Language Month

The first week in March is National Foreign Language Week—an opportunity to take the time to value and appreciate what studying another language and culture can offer to each of us, personally and professionally. As music easily connects language and culture in a manner that everyone can understand, the Department of Music is supporting this project from the Department of Modern Languages and Intercultural Studies by offering "A Celebration of International Music" on Sunday, March 2 at 5 p.m. in the Great Hall of Holloway Hall. Refreshments will be served.

**SU Theatre Presents Williams' 'Summer and Smoke'** Feb. 28-March 9

Salisbury University's Bobbi Birn Theatre Program presents its first Williams play in more than a decade, *Summer and Smoke*, Feb. 28-29 and March 1-2 and 6-9 in the Black Box Theatre of Fulton Hall. Curtain is at 8 p.m. and 2 p.m. on Sundays.

Written in 1948 and later revised by Williams as *The Elegy of a Nightingale*, this romantic drama tells the story of an unmarried minister's daughter courted by her childhood's wild, undisciplined doctor.

Directed by Andrew Heller, communication and theatre arts faculty, this traditional Williams story follows the life of a damaged older woman, Miss Alma, who is in constant fear of following her mother into madness. The young Dr. John Buchanan Jr., whose portrayal on the silver screen in the 1962 film version made Laurence Harvey a star, is who she longs for. However, he longs for others, leaving her on the side.

## Congress

laws erodes respect for all laws."

Harris says his goal is to "make sure the United States does not become a sanctuary nation for illegal immigrants." He plans to enforce this by doubling the number of Border Patrol Agents and stopping the "flood of illegal immigrants" across the southern border; doubling the number of Immigration and Customs Enforcement (ICE) Agents; and saying "no to all forms of amnesty." Concerning amnesty, Harris says, "I believe amnesty undermines the rule of law in our nation."

Healthcare has become a very strong issue in this election. Kratovil believes in universal health coverage, saying, "It cannot be achieved until we accept the premise that every adult and child must be insured." He will support and advocate for true universal coverage and quality mental health care.

Harris says that he wishes to "improve our healthcare system and make it affordable to Marylanders—without expanding government run

# New Crime Watch Program encourages participation

By Jonathan Moynihan  
Staff Writer

our faculty, staff and students.

Much of this program has existed since the founding of the institution. For years the SU Police have sent out weekly bulletins, both on and offline, as well as offered student workshops and training classes. However, this new program hopes to more directly affect the students and empower them to make a difference in their safety.

"We're trying to get it off the ground. It's a program that's supposed to come to the police, not from the police," said Corporal Ed Jones.

The Crime Watch is a community program, and so we need the participation of the community," Jones said. "We all have a tremendous opportunity to act as the eyes and ears for the safety of the University. He said it allows the public to find things that should be examined, fixed or modified so that all parties are satisfied with the protection of

The SU Police Web site has a large variety of tools that can be easily accessed by anyone with a computer, covering all aspects of law enforcement issues, said Jones.

Many new posters and fliers have been posted throughout the campus to provide students with information on how to react in

case of an active shooter situation, such as those of Virginia Tech and Northern Illinois. Those kinds of things can happen here, said Jones.

"Our number one job is the safety of our faculty, staff and students. That's our primary duty, despite what people think."

Wright had still not spent his last day in court. His conviction was overturned a year later by the Maryland Court of Special Appeals. Jurors admitted to seeing copies of newspaper articles that claimed Wright had attacked other women. Wright received a new trial.

In March of 2001, prosecutors accepted an Alford plea which allowed Wright to maintain his innocence although admitting that there was enough evidence to convict him. He was sentenced to 30 years, with 15 years suspended, and credit for time already served.

Wright's good conduct, education credits and participation in

"That's not our policy, that's the

healthcare."

According to a Feb. 18 article in *The Daily Times*, Kratovil may have a better chance at a win now that Gilchrist has been voted out. It reports that "Kratovil calls himself a law-and-order, conservative Democrat who can take the district out of Republicans' hands."

The article adds that "that possibility depends in part on Kratovil's ability to raise enough cash to take on Harris, who spent about \$1.2 million in his race against Gilchrist and says he'll raise about a million more for the general election race."

PolitickerMD.com states, "according to data from the Federal Election Commission, and based on information filed Jan. 23, Kratovil raised \$241,355 for his campaign, while spending \$159,264. He reported \$82,271 cash on hand. This was far less than Harris, who raised \$1,095,618 and spent \$734,607. His campaign reported \$361,009 cash on hand."

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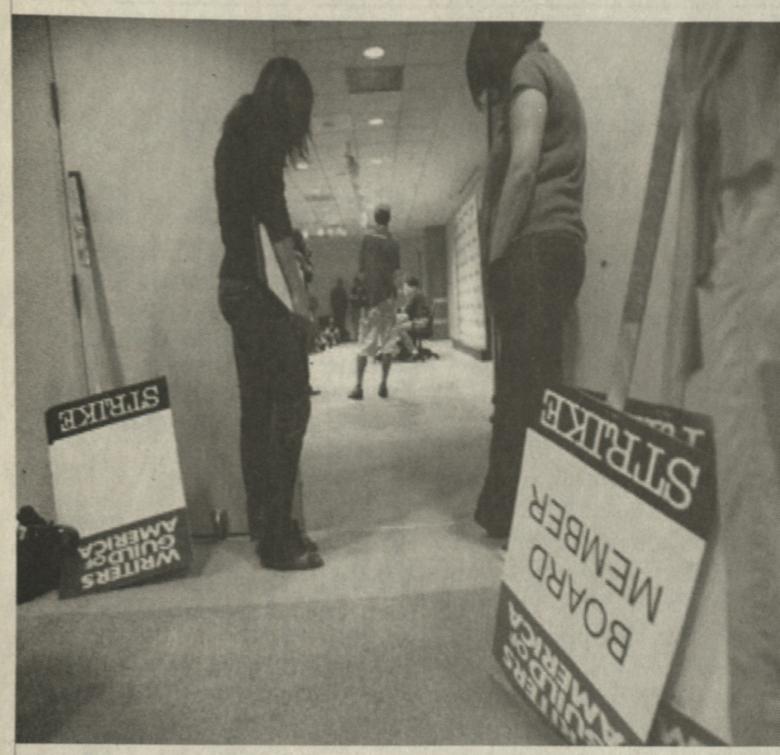
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# Writers' strike finally ends



By Doug Allers

The three-month standstill on all your favorite television shows has officially been settled. The Writers Guild of America announced on Tuesday, Feb. 12, that it will end its 100-day strike, which began in the fall of 2007.

In an overwhelmingly positive vote, 92.5 percent were in favor of a resolution. Issues of the strike were mainly concerned with DVD residuals, new media such as online streaming and download, and an induction of animators and reality television workers into its membership.

According to CNN, "The strike's end [will] allow many hit series to return this spring for what's left of the current season, airing anywhere from four to seven new episodes. Shows with marginal audience members may not return until fall or could be canceled."

So where does this leave your favorite shows? According to *TV Guide*, each network is still working on its post-strike plans. The magazine emphasizes that the schedule is tentative, but gives a rundown on when each network's most popular shows should return.

The networks are promising great returns with many surprises to help bring back viewers who may have lost interest and have become disinterested toward the shows because of the strike.

## WikiPedia

Vaseem.

Some see Wikipedia's solid stance as a way to create a radical disturbance in the Muslim world. "This is a propaganda [move] by the nonbelievers to stir hate [and] rage amongst the true believers."

Another petition signer, Ahmed Khan of the United Kingdom said, "We live in a multi-cultural society and should accept each others' religions and live in harmony... And [everyone] should respect our religion as we do yours."

Others see the violation of the dogma as an insult, and respond accordingly. One signer, Syed Jalal Akbar of India, signed the

# Sen. Barack Obama accused of plagiarism

By Michel Elben

"If candidacy is about words, they should be your own words," said Senator Hillary Rodham Clinton during a significant debate Thursday in Austin, Texas, with Senator Barack Obama while continuing to compete for the democratic presidential nomination.

Clinton referred to Obama's alleged recycling of one of his campaign co-chair's rhetorical speeches. *The Boston Globe*, among others, reported that Obama and his co-chair, Governor Deval Patrick, have both said, "I have a dream" – just words? "We hold these truths to be self-evident; that all men are created equal" – just words? "We have nothing to fear but fear itself" – just words? – just speeches?"

The Clinton camp accused Obama of plagiarizing the speech the evening before the Wisconsin primary. Although it would appear to be a substantial issue, it did not seem to create a setback at the polls. Obama had used this speech in Milwaukee and Patrick delivered it in 2006. The speeches are almost indistinguishable. The Clinton camp released comparisons of the speeches on YouTube the day the story broke the headlines. The speech contains references to Dr. Martin Luther King Jr., Franklin D. Roosevelt and the Declaration of Independence.

The media and the Clinton campaign have become incensed over this

issue because "When an author plagiarizes from another author there is damage done to two different parties. One is to the person he plagiarized from. The other is to the reader," said Howard Wolfson, a senior advisor and communications director for Hillary Rodham Clinton.

The Clinton camp believes this act speaks to the quality of Obama's character. One of Clinton's strategies has been to consistently rely on attacking Obama for using style rather than substance.

Obama said that the reason his campaign is doing so well is that it is not just a matter of putting forth policy positions. He believes there is a fundamental distinction between himself and Clinton in how change comes about. "Without inspiring people," he said, "we will continue to see the kind of gridlock in Washington" that causes suffering."

"I do think words are important and words matter. But actions speak louder than words," Clinton said. According to the Associated Press, Clinton's camp believes her actions will evoke change through her strength, her life experience and her benevolence. Because of her experience in politics, she is tested and ready. If she takes the reins of this race, she could show men and women why she is the best choice.

Clinton seemed to enjoy attacking the substance of Obama's campaign. Although they agree on many issues, there is a wide gap in style and how to implement the change within those policies. Clinton has lost 11 straight contests to Obama and hopes to redeem those losses in Ohio, Texas, Rhode Island and Vermont.

While most of the debate seemed pleasant, Clinton continued to make mocking remarks such as, "Lifting a whole passage from someone else's speeches is not change you can believe in, it's change you can Xerox." She wanted the American people to absolutely remember Obama's mistake.

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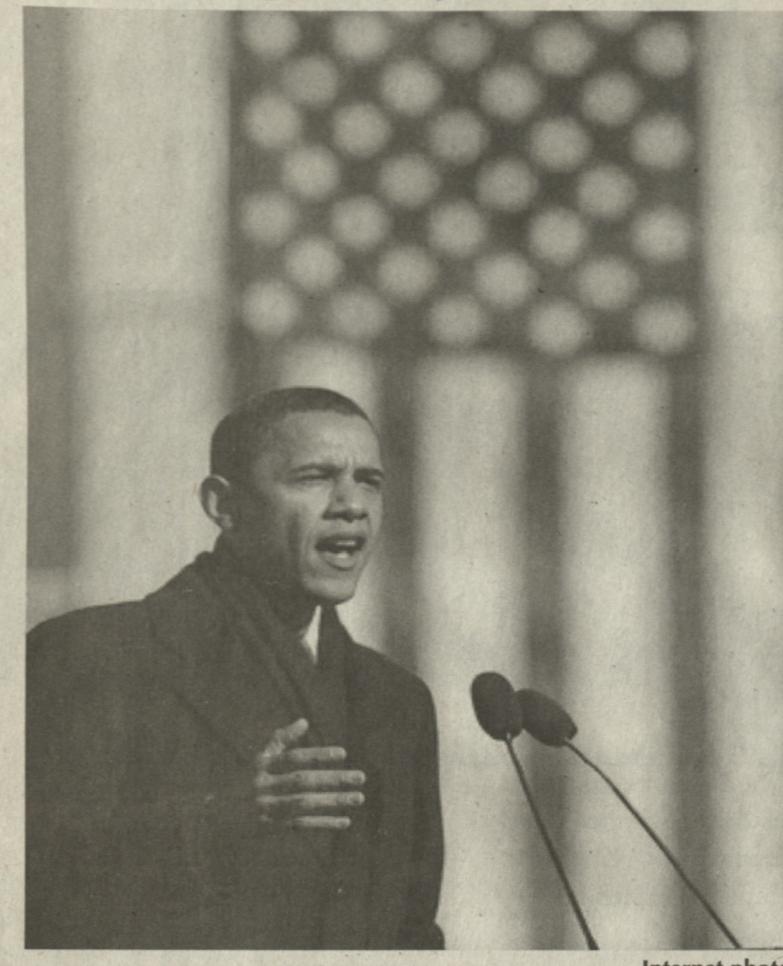
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# Obama takes the lead... ...and rightfully so



By Derek Pettinelli  
Staff Writer

Politics seem to have gained a newfound importance after two terms of Bush. Everyone is craving change, any kind of change. Even the laughable voting campaigns of the last election ("Vote or Die," anyone?) seem pale in comparison to the Obama-mania that has taken over. Barack Obama is the new favorite candidate, easily more popular than Republican rival John McCain and fellow Democratic contender Hillary Clinton.

Born to a black Kenyan father and white American mother, Barack spent most of his childhood in Honolulu, HI, in addition to spending four years (from ages 6-10) in Jakarta with his mother and Indonesian stepfather. He was educated at Columbia University and Harvard Law School and has spent time as a community organizer. He was a University of Chicago lecturer as well as a civil rights lawyer before he served in the Illinois Senate from 1997-2004. Since announcing his bid for president on Feb. 10, 2007, his campaign has only

shown signs of increasing strength.

Obama is known for being a powerful and emotive speaker, causing rounds of applause to ring through following his speeches. People from all walks of life, regardless of race, are drawn to him and he's especially popular with the younger demographic. Just recently, on Feb. 22, with the Democrats Abroad program, Obama was announced as the winner with 11 primary or caucus victories in a row. Universal health care is considered a major talking point of the upcoming election and he has said that it's wrong that 47 million Americans are uninsured and that taxpayers already pay \$15 billion per year in order to care for those without insurance. With the economy in such dire shape, universal health care will certainly be a challenge for the failing dollar to try to overcome. Ending Bush's tax cuts to the wealthy and closing tax loopholes that will help benefit the working class is something that remains important. Obama and Clinton both are in favor of ending federal raids on medical marijuana

facilities and while Clinton is against decriminalization, Obama has said that the term "decriminalization" needs to be further classified. Conversely, McCain supported spending more millions on the futile attempt to continue the war on drugs, a strain that the economy can't handle. Obama has called America's oil purchases an "addiction," he stressed the importance of "going green" and focusing on solar, wind and biodiesel energy sources, which will help alleviate the over \$1 billion that is spent on oil.

Known for his strong stances that make his speeches so memorable, he is a supporter of network neutrality, a principle of civil liberties which allows the Internet to remain neutral with no overseer to potentially censor or push an agenda. Obama has spoken on many times against lobbying in the U.S., stating that there is too much influence and emphasis placed on it. Obama said, "It is because the Internet is a neutral platform that I can put out this podcast and transmit it over the Internet without having to go through any corporate media middleman. I can say what I want without censorship or without having to pay a special charge. But the big telephone and cable companies want to change the Internet as we know it."

Obama is easily the Democratic candidate of choice, if just for Clinton's failure to live in the real world, constantly flip-flopping and generally speaking with a sense of mimicry. I've lost count of the times she's said, "I agree with Obama." Hillary has resorted to acts of desperation like name-calling and spewing nonsense regarding Obama and doesn't hesitate to let the waterworks flow, which can't help her image. McCain's stances are radically different from the Democrats and I think that alone is enough to make him lose, due to the Republican Party being tarnished by Bush. It's also important to note that those who claim Obama is all talk fail to notice his record of bills sponsored in the Senate, which is comparable to Clinton, with 299 sponsored by Hillary in her first four years, while Obama had 265 in his first three years.

Another negative aspect of universal health care is that it destroys physician incentives to provide competitive care and destroys companies' incentives to provide new drugs and treatments. Drug companies would be deterred by price controls and regulations. This would

soon stop the research and development of key sectors such as electronics imports, cigar exports and tourism.

After 49 years of Castro as the head of Cuba, it would be quite silly to think that the resignation of Cuba's president would change the small nation drastically. Yet, even our own president believes that Cuba will soon be able to change. President Bush has stated that Castro's decision ought to spark "democratic transition" for Cuba. Perhaps in Bush's mind this is now a perfect time to discuss Cuba-U.S. relations, but it may not come as easy as some might think. Fidel is still very much in the picture, though some may be too naive to see it. A democracy is likely still many years away for Cuba, but hopefully with a new president there will be a change for the better. We can only hope that this will lead to a happier life for those in Cuba and a better relationship and understanding not just with the United States but with all countries around the world.

According to CBSNews.com, the people of Cuba hope that if Fidel's brother does become president he will move toward a communist system more like Vietnam or China where the leaders control all things political but let the markets largely rule their economies. As defense minister, Raul put Cuba's military at the forefront of the economy, as he and top military officers assumed control

of key sectors such as electronics imports, cigar exports and tourism.

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The gunman at Columbine High School were described as smart, involved students. Cho Seung-Hui was a quiet, withdrawn student at Virginia Tech. Kazmierczak was described by all who knew him as an ever-present excellent student, a wonderfully kind and caring person, an over-achiever. It seems that these are the most unlikely candidates to commit mass murder. However, there were red flags in every situation. The killers at Columbine had

the perversing question on everyone's mind seems to revolve around the effectiveness of security on college campuses. Perhaps the subject under the microscope should be: "What's going wrong with today's students?"

After the NIU shooting, an article titled "Are We Safe on Campus?" was posted on CNN.com. Of course students are not safe on campus. However, the fault doesn't lie in the school's measures of security. Since Virginia Tech, universities around the country have all upped their security. The number of school policemen has increased, "blue light" poles with emergency phones or buttons have been installed, text message alert systems have been instituted and overall awareness of potential danger has increased. Any school wants its students to be safe. If pessimistic skeptics fail to believe that a school cares about its students' well-being, they can at least comprehend that no school wants to see its enrollment numbers plummet due to fear of danger on their campus. Schools are doing everything they can to offer

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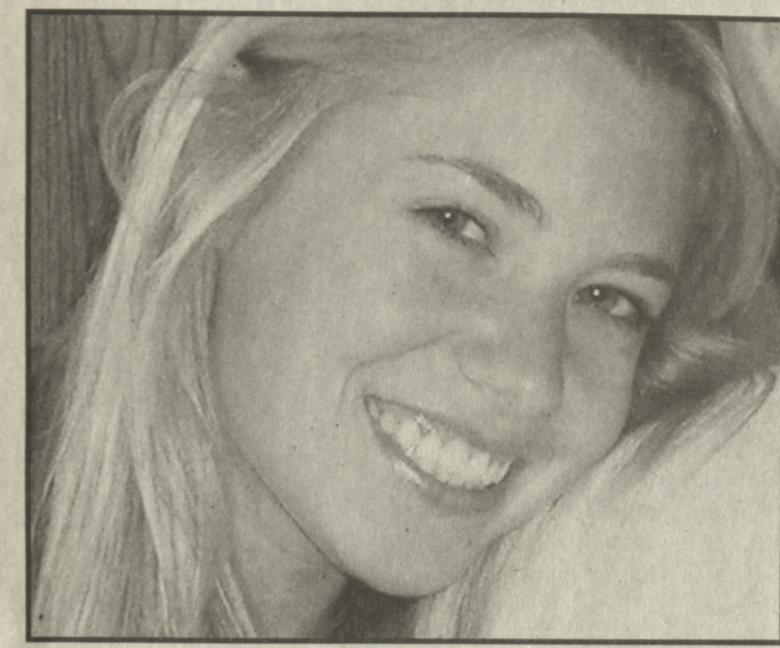
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# Ms. Advice

Ms. Advice answers all your questions, even private ones, in complete confidentiality. Send your questions to:

kk14480@students.salisbury.edu



Ms. Advice

"I usually get pretty good grades, but this semester I feel like I've fallen behind. I'm playing a sport which takes up a lot of time and I can't figure out how to balance getting good grades and a social life. Any ideas?"

Since it is still early in the semester, chances are you can still catch up. It's great that you've acknowledged that you are doing poorly, but now you just need to set up a plan to get your grades up. First of all, you should prioritize. Make a list of things you need to get done and put them in order of things that are most important. Second, get rid of distractions. If you know you won't be able to study at your house, go to the library and sit upstairs. You'll be amazed at how much more you can get done if it's quiet. Next, get the most out of class. Get there on time and force yourself to pay attention. If you pay attention in class and understand what is going on, studying for that huge test will be a breeze. If you're having a problem in a class, take advantage of professor's office hours. They will be more willing to help you if they see you are helping yourself.

Trying to be perfect is only going to set you up for defeat. Difficult tasks usually result in procrastination. Set realistic goals that are also challenging, like getting a "B" instead of an "A" in a difficult class. Realize that there is always time to turn things around. Good luck!

Getting a planner will help you prioritize your life. By writing everything down all you have to do is glance over what you have due that week. You can write down everything so that you don't forget something that could have been an easy "A" like a short

## U-Turn Burgers: A new family dining experience

By Mike Brusoe  
Staff Writer

There is a new burger joint in town trying to revolutionize the fast food and family dining experience. U-Turn Burgers, located in front of Home Depot off of Route 13 north, is taking a step up from the fast-paced dining world.

When I first arrived at the restaurant there seemed to be plenty of parking. The outside of the restaurant was inviting and really drew me in.

Upon entering the restaurant, I was greeted with a very warm and enticing atmosphere. The bright walls and open dining area provided a relaxed environment. I was greeted by one of the owners, Sybil Leidy, who made me feel right at home and showed me to the ordering counter.

I looked over the menu, which was simple and easy to read. I decided on the single burger with a side of cole slaw. The total for this meal came to four dollars and fifty cents, which is comparable to other fast-food restaurants.

## Economics Society hosts charity poker tournament in the University Center

By Danny Ross  
Staff Writer

Gazing across all the tables seating eager contestants, it seemed as if the Wicomico Room may have been located in a Las Vegas casino on Saturday. The players could have easily been mistaken for the professionals that we see on "The World Series of Poker."

The sounds of poker chips being shuffled and poor hands being folded filled the room as the Economics Society Charity Poker tournament took place on Saturday afternoon in the Guerrier University Center.

The tournament took place between noon and 4 p.m., but by 2 p.m. almost half of the contestants had been eliminated. By this point only the die-hard few remained. Men and women, some in sunglasses, others with hoods drawn tight around their faces, sat staring each other down and looking for some sort of clue as to their opponent's hand. There were also some onlookers, perhaps those who had been eliminated earlier or who came to root on their friends.

There was laughter and plenty of cans of Red Bull spread around the tables. You could hear an occasional "Are you kidding me?" or "I can't believe that I stayed in" when someone laid down their cards to collect a pot. There was also a moderator walking around counting the number of players left at different intervals during the event.

One young man, who was seen

angrily pushing his chair in after leaving a table and identified himself as "Slim," had this to say about his experience: "I stayed in as long as I could. These guys had great cards the whole time and I just didn't get any cards I could play with. I won two hands the whole time. Hopefully I can try again the next time they do a tournament."

Shortly after 4 p.m., the

Wicomico Room became a simple and quiet room again. The players retreated and the soda cans and empty bags of sunflower seeds were gone. What remained behind were the memories of just missing the full-house, and the significance of raising money for a good cause while having a great time.



Poker players get serious at Saturday's Texas Hold 'Em Tournament. The money raised from the event is donated to the Costa Rica Alternative Spring Break program, where Econ. members volunteer.

## People Making a Difference: Michael Piorunski



ShoreCAN director Mike Piorunski

By Katie Murphy  
Staff Writer

Many have most likely seen Michael Piorunski, Director of ShoreCAN, hand at work in his Career Services office, but may not know exactly what he does. Or maybe he has approached you while you were casually looking at one of his display boards to talk with you about volunteer opportunities. Either way, Piorunski is a very inspirational person and is motivated in many aspects of his life. Currently, Piorunski is training for a marathon to benefit a Leukemia foundation. The motivation to train for a marathon also helps inspire him to do his job.

"It's because I want to see changes in the community; big or small," Piorunski said.

Piorunski, a former SU undergraduate student who was majoring in English as a second language education, has taken on the responsibility of Director of ShoreCAN. As the Director of ShoreCAN, Piorunski works under "VISTA," an AmeriCorps program. He has no set number of hours per week that he is required to work. Due to being the ShoreCAN director, Piorunski is required to always be on call and available 24 hours a day. He only makes 5 percent above the poverty rate, which ends up being \$700 a month.

"Living off of \$700 a month can be hard, as I am sure you can imagine," Piorunski said. He is not allowed to hold a second job because he has to be completely devoted to ShoreCAN.

ShoreCAN is part of the Volunteer Maryland "VISTA" project which is a program of the Governor's Office on Service and Voluntourism. The plan is suppose to build strong communities across

our state by developing volunteer and service-learning programs that meet the critical need in each specific area. Piorunski's role as ShoreCAN director is to place people who want to volunteer with organizations that need them. He since an art club existed at Salisbury University, but this semester it is making a comeback. The Art Club is returning as a way for students to showcase their art work, become inspired and also inspire other students who may be interested in art but are not sure if they are good at it.

Art major Brandon Phillips and co-creator Micah Haddock are working with the Student Government Association to finish the process that will once again make them an registered student organization.

"The biggest thing that really got us started was that I took an art class. We had a project where we had to make some sort of website or something that would affect the campus community. We decided to make an art club," Phillips said.

In about two weeks, once the club is up and running, students will start planning activities. The club will host a drawing contest for the art club logo. Also, the club will have open meetings to gauge the level of interest from students. Regular meetings will probably be held at least once a month after the initial interest meeting.

Art is growing on the SU campus as many students are becoming art majors and minors, while others are just looking for a way to express themselves.



Internet photo  
The Art Club should be up and running in about two weeks. Look for posters around campus for the date of the first meeting.

## Club Spotlight: Art Club

By Samantha Sullivan  
Staff Writer

"It would be really nice to have an art club so that students could work together and collaborate as opposed to being so independent all the time," Phillips said.

It has been three or four years since an art club existed at Salisbury University, but this semester it is making a comeback. The Art Club is returning as a way for students to showcase their art work, become inspired and also inspire other students who may be interested in art but are not sure if they are good at it.

Art classes seem too intimidating, the art club is an excellent opportunity for students to express their creativity without worrying about a course grade. Furthermore, artists can give each other advice, help and encouragement.

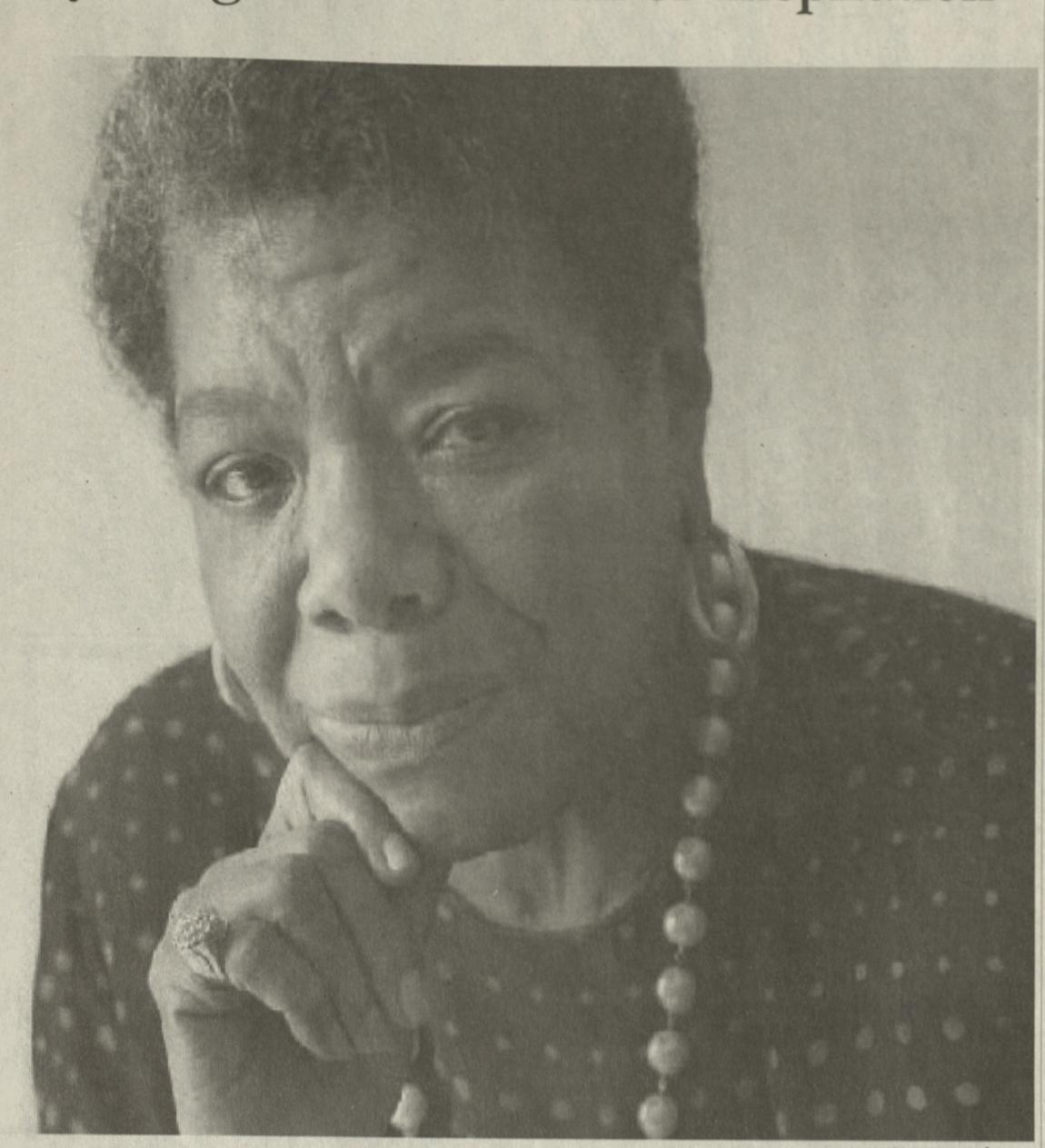
Another goal of the art club is to allow students a chance to exhibit their work on and off campus. Phillips stressed this as one of the things he really wants students to be able to gain from the club. This is important to artists because it allows people to appreciate what they have done.

The art club is a great networking tool to get your name out there and make connections that may not have been possible in the past.

As with any new club, all of the tiny details have yet to be worked out; such as if they will host fundraisers, gallery openings or any other events.

Anyone interested in joining the art club or just seeing what it is all about is encouraged to be on the lookout for signs around campus as to when and where the first interest meetings will be held. Anyone interested in joining the art club or networking should contact Brandon Phillips at bp07777@students.salisbury.edu.

## In recognition of Black History Month, The Flyer would like to celebrate the life and achievements of Maya Angelou: A Woman of Inspiration



Internet photo  
By Stacie Manger  
Staff Writer

County's school board removed the book from the ninth grade reading list due to complaints from parents.

Randall said Angelou is also inspirational through her poetry and many of her works have been dramatized. Angelou's works give realistic depictions of the way things were with regards to segregation and language, Randall said.

Randall said Angelou's autobiography is crucial to the development of the African-American novel. It was written at the time of civil rights, an emergence of Black arts and the embracing of Black and Black women, she said.

"In I Know Why the Caged Bird Sings, she bears her soul about painful experiences, but she uses those experiences," Randall said. "It is a timeless piece as it is still functional today. The novel speaks to young girls, especially Black girls, who are coming of age."

Maya Angelou's writing has been an encouragement to many. She has had a long life and has braved many struggles. Her strength and persistence makes her an inspirational woman who deserves to be honored.

The novel is part of a series and is controversial because of its realistic language and the mention of a rape.

In 1998, Anne Arundel and speaking at a Presidential Inauguration.

Angelou has received many honors in her career. She received a Pulitzer Prize nomination for her book of poetry, a Tony Award nomination for the 1973 play *Look Away*, and three Grammys for her spoken word albums. Singer Ben Harper wrote a song called "I'll Rise" which features parts of her

poem "And Still I Rise." Angelou has been awarded many honorary degrees.

The honored author serves another important position, role model.

"Angelou is a positive role model, a Black icon and an icon in general," Minikin said.

Minikin said Angelou has to be an integral step to becoming a sister. It is important to know the history, philanthropy, and most importantly the other sisters, before becoming a

## Weekly Greek: SU Greeks strive to change previous misconceptions

By Lindsey Dickinson  
Staff Writer

member since joining is a lifelong commitment.

Here at SU, the new member process lasts between 5-8 weeks, depending on which organization you join. This process consists of weekly meetings, getting a big sister, learning songs and participating in philanthropic events with the chapter, among other things. Each of these activities is planned to help the new members get to know one another and the sisters.

"One activity that I love is five basketball," said President of the Theta Delta chapter of Zeta Tau Alpha, Katie Ziola. "We participate in intramural sports so that our new members can get to know one another, and so that sisters can get to know new members as well. And we have fun!"

The semester may sometimes be overwhelming as you are meeting many new people and experiencing new things, but in the end you have great memories.

"Joining a sorority at Salisbury University is supposed to be one of the best memories of your life," said Jennifer Hackett, SU's NPC president. "We do as much as possible to ensure an enjoyable new member process. Each sorority must submit their calendar of planned events for new members to John Stou (SU's Student Life Coordinator) so that we take into account the new member's class is Beta Nu."

"My favorite part of being a new member was getting my big sister, going to banquets and meeting all the sisters," said Caitlin Conway, President of the Beta Mu chapter of Alpha Sigma Tau. "Our current pledge class is Beta Nu."

"My favorite part of being a new member was being able to meet so many nice, new people," said Katie Ziola. "I loved being involved in so many things around the campus and community. I also loved participating in philanthropic events."

While some may always think of joining a Greek organization as a negative process, SU's Greek community has gone above and beyond to change this bad reputation.

The new members of Zeta Tau Alpha pause for a photo op in the Gulls Nest. They are ecstatic to be joining the sisterhood.

Lindsey Dickinson photo

## HEALTH COLUMN: The wonderful world of olive oil

By Sarah Brinton  
Staff Writer

Could olive oil be the secret to the long, healthy life of the supposed Amish of Israel? Amish's granddaughter-in-law Hamda Amash, 40, reportedly said she is a "healthy, active woman. She walks each day and makes sure she drinks at least one glass of olive oil every day."

Consuming that much olive oil is a bit extreme. One cup contains 1,900 calories, almost the total daily recommended amount. However, according to the Food and Drug Administration, consuming about two tablespoons of olive oil a day may reduce your risk of heart disease.

Best-selling author, Nicholas Perricone, describes health and beauty benefits that includes extra virgin olive oil. "It increases your skin's ability to maintain moisture, evens out color, increases radiance when applied topically, decreases LDL cholesterol, increases HDL cholesterol, helps intestinal absorption of nutrients, helps gallbladder activity, lowers blood pressure, decreases gastric acid secretion in ulcers, lowers the probability of gallstones, stimulates pancreas secretion, aids bone development in children, prevents osteoporosis, lowers glucose levels in diabetes, reduces risk of prostate cancer, prevents edema (water retention), prevents tumor promotion [and] helps prevent colon cancer."

Perricone's findings as a dermatologist indicates that using olive oil promote long term health results in healthier looking skin. Olive oil can give you a glow that no store bought moisturizer will do for you.

Olive oil bottles marked "virgin" or "extra-virgin" means that they are the least processed forms. This means that they contain the highest levels of polyphenols, a powerful anti-oxidant according to the Mayo Clinic.

There different kinds of olive oils range from extra virgin olive oil to virgin, pure, and extra light. Extra virgin olive oil, or as author and host of Food Network shows \$40 a Day and 30 Minute Meals Rachael Ray puts it "EVOO" is considered the best type of olive oil to use in cooking. Ray has branded her own kind of "EVOO."

"EVOO has an Extra Tasty flavor and a deep, delicious aroma. It's always the first ingredient in any dish I make," said Ray.

"College students should get into the habit of eating healthier fat like olive oil. Don't wait until you are older to worry about your health," said Mariana Cerulli, SU Dietician.

According to an April 4, 2006, MSNBC article by Karen Collins. "Because 75 percent of the fatty acid "building blocks" that make up olive oil come from monounsaturated fat, and only 13 percent from saturated fat, it's easy to see why blood cholesterol goes down when olive oil replaces butter and high-fat meat as the main source of fat. Analysis relates olive oil to the Mediterranean diet's link with lower blood pressure as well."

When asked if she used olive oil in her diet, SU student, Rachel Vontabel said, "I use olive oil on everything... I am Italian."

Remember, the next time you go to cook that favorite meal, use some extra virgin olive oil and get used to cooking healthy.



Public Relations photo  
Dr. Charmaine Patricia Warren, a faculty member at the Alvin Ailey school in NYC, lectured the Alvin Ailey audience on Thursday night.

According to Warren all cultures borrow from each other and weave the old styles of dance into new styles. "The Black tradition grows stronger in the US, with its influence being shown through more and more kinds of dance," Warren said about the evolution of dance in the past few decades.

The second way to study dance is culturally. Dance in almost all cultures around the world offers many appeals, either of some psychological security, creating social harmony, for healing purposes and as a form of release.

Opening night Thursday proved just how anticipated the Ailey event was. The air was filled with excitement, as the crowd slowly filed little by little into the sold out auditorium. The crowd was composed of a mix of people, from SU students and faculty, to community residents and elementary and middle school students who came with their teachers as a class to see the show.

The topic of the lecture was dance and culture. "What is dance?" asked Dr. Warren rhetorically to the audience. "Dance is a way of ordering and categorizing life," explains Warren, "by way of our movements and our actions." To Warren, there are two ways to look at dancing, analytically and culturally. Looking at dance analytically involves studying the effort involved, such as movements through space and time. To Warren moved on to discuss how dancing is very social in America, with everyone knowing many different dance styles, like the tango, swing, the Sisic Q, the twist and the Motown Hustle. While giving credence to modern dance in hip-hop and R&B, Dr. Warren is hesitant to classify them as new types of dance.



# No. 1 Salisbury Men's Lax holds off No. 5 Lynchburg

By Chris Brown  
Staff Writer

An errant pass with three seconds left helped secure the Salisbury men's lacrosse team in its second win of the season, as the top-ranked Gulls held off No. 5 Lynchburg 10-9 in a fierce game. A crowd of 740 endured freezing conditions in order to witness the latest triumph which extends Salisbury's streak of regular-season victories to 64, while the Gulls also remain undefeated at home in their last 62 contests. The last defeat in Sea Gull Stadium was in 2003 at the hands of Lynchburg.

"I'm proud we won today. Lynchburg is a good team and they played real hard," said Coach Berkman, whose career win total improved to 301 after this match. "We made some mistakes clearing the ball and we didn't shoot great."



Andrew Baker photo

We're going to have to watch some film and we will have to learn from our mistakes," Berkman said.

Greg Titus had four goals for Salisbury, while Kylor Berkman added one goal and four assists. Matt Hickman and Patrick Bonanno contributed two goals apiece, and Mike Von Kamecke added three assists. Goaltender Riley Clark had nine saves in the game including five clutch stops in the third quarter.

Salisbury jumped out to an early lead and the game was tied at two after the first period. The Gulls added three more in the second quarter and took a 5-3 lead going into halftime. In the second half, the reigning champions extended their advantage further in the third. "We were up by four with a chance to go up by five," Berkman said. "We had them where we wanted, but we didn't finish."

Lynchburg outshot Salisbury 44-36, and won the face-off battle 12-10. However, the Hornets lost the game on the ground as the Gulls, led by defender Connor Burgasser and long stick midfielder Ryan Browning, grabbed 38 ground balls. Lynchburg never capitalized on any of their five extra man opportunities and Salisbury took advantage, netting three while Lynchburg was short-handed.

Salisbury only took six shots in the final quarter as they attempted to burn the clock, but Lynchburg was able to close the gap with goals from Stephen Weis and Michael Mundorf. Weis scored at the end of the third period and Mundorf started off the fourth quarter with another to put the score at 10-9. Lynchburg goaltender Garrett Curran had 11 saves in the game and did not allow a goal in the final period. The Hornets had several chances late in the game to tie, but Salisbury's defense held strong. Attackman Jake DeLillo made a spectacular play, intercepting a Lynchburg pass as the Hornets tried to advance the ball late in the game. The Hornets managed three shots on goal in the last half-minute. Lynchburg's final opportunity came in the waning seconds of the game, but a pass intended for Johnny Black went astray and sealed the game for Salisbury. "We gave them nine and we should be able to get 10," Berkman said.

Salisbury's next game will be their first conference game of the year, as the Gulls travel to play Wesley College on Wednesday Feb. 27.

# Women's lacrosse dominates Randolph-Macon on Saturday

By Ben Muell  
Staff Writer

It was cold and gloomy last Saturday at Sea Gull Stadium but the No. 3 women's lacrosse team (3-0, CAC 1-0), did not seem to notice as they made easy work of the Randolph-Macon Yellow Jackets 24-1.

The Gulls completely dominated from the opening draw. Senior Sue Ackermann assisted senior Jessica Liston on back-to-back possessions to give SU a 2-0 lead one minute into the game. Junior Jessica Chmielewski used quick moves in front of the goal keeping RMC defenders off balance as she scored.

Later on, Ackermann beat the RMC goalie as she wrapped around the back of the cage for an unassisted goal. The fastest goal of the day came immediately after that. SU won the draw and Chmielewski found freshman Logan Bilderback uncovered and open as she quickly scored in nine seconds pushing the Gulls lead to 7-0. The only defensive slip up came with 15:03 to go in the first half. RMC's Lacy Phelps scored on a free position shot in front of the goal. Junior Goalie Sonja Stuart stood casually for the majority of the game as she enjoyed the offensive fireworks. At the end of the half sophomore Beth Rhodye waltzed by defenders as she headed up field and scored an unassisted goal giving her a hat trick for the day. Ackermann and Chmielewski added unassisted goals to close out the first half up 12-1.

The second half was no differ-



Andrew Baker photo

ent. The Gulls continued to dominate RMC adding 12 more goals mostly coming from the SU bench. The defense continued to shut down all RMC attacks. Second half scoring was lead by senior Alexis Morrell who had two goals and an assist. The Gulls continued to move the ball well throughout the half. Junior Courtney Sorenson snagged a high pass from Morrell in between two defenders right in front of the goal and found the back of the net for her only strike of the game.

Bilderback added the game's final score with 6:11 left in the game, giving her two scores for the day. Head Coach Jim Nestor called off the dogs from there on out. The game ended as Salisbury played keep away for the final three minutes.

The real key to the Salisbury victory was the unrelenting defense lead by Allison Sofranko, Maddie

Goetz, Jess Glazer and Kelly Phillips. Flocks of white jerseys surrounded every RMC player every time they touched the ball. They took advantage of every RMC miscue, forcing twenty-five turnovers. RMC cleared the ball only five times as SU won 21 of 27 draws and outshot RMC 45-6.

The Gulls dominated in a team effort, posting 12 different scorers. Ackermann led the way with five goals and four assists. Chmielewski finished the day with three goals and two assists while sophomore Kim Cudmore added two goals and an assist. The Sea Gulls have dominated on both sides of the ball early in the season, scoring 67 goals while surrendering only six in three games.

The Gulls are on the road next Wednesday when they will travel to Norfolk, VA, to take on the Virginia Wesleyan Marlins.

## Coach Jim Berkman reaches 300 career wins

By Phil Speake  
Staff Writer

Salisbury University's lacrosse coach Jim Berkman recorded his 300th career win with a 20-7 victory over Virginia Wesleyan College last week at Sea Gull Stadium. Berkman's record as head coach of the Sea Gulls stands at 300-30 giving him a .900 winning percentage, the best in NCAA men's lacrosse history. Add that achievement to seven national championships and 142 All-Americans, Coach Berkman delivers an unquestionable hall of fame resume.

Entering his 20th season at Salisbury, Berkman has seven national championships, a perfect Capital Athletic Conference record of 90-0, and does not look to be slowing down anytime soon. When asked if he had any thoughts on retirement in the future, Berkman said, "I plan on being here until I'm all said and done." So potential recruits should not have any worries about where their coach's priorities are.

Most coaches have several defining moments in their career that they remember and will never forget, and for Berkman his first defining moment came in 1994 when the Gulls defeated Hobart College for their first national championship. Hobart had dominated the Division III college landscape for years and was getting ready to make the switch to Division I following the 1994 season. "We beat them that year before the switch and it really solidified us as a team," Berkman said.



Andrew Baker photo

## Sea Gulls

### ★ SPORTS BEAT ★ SPORTS BEAT ★ SPORTS BEAT ★ SPORTS BEAT ★

#### Men's Basketball

The Salisbury University men's basketball team (6-19, CAC 4-12) lost to conference foe Marymount University last Wednesday 59-53. With a win, the Gulls would have clinched a spot in the CAC playoffs. Greg Palmer led the Gulls with a team high 15 points. Gary Ward added 14, including a three pointer that tied the game at 53 with 1:12 left in the second half.

The Saints ended the game with six free throws after SU failed to capitalize on three shot attempts. SU led by seven with 14:39 left in the game but lost it after Marymount went on a 10-0 run with six minutes left. Todd Ostrom added eight off the bench.

SU faced off against Hood College on Saturday with a win-and-in opportunity, a win would have sent the Gulls to the CAC playoffs. SU fell short to Hood 73-72. Ward led the team with 19 points including four three pointers. Matt DeLizio recorded career highs in points (13) and rebounds (9). Even though SU lost they backed into the playoffs due to a Wesley loss. The Gulls will face top seed York on Tuesday Feb. 26 in the CAC quarterfinals.

#### Women's Basketball

The Salisbury University women's basketball team (11-14, CAC 8-8) came up short against Marymount University last Wednesday 69-64. The Gulls jumped out early, going up 16-6 in the first five minutes. Marymount erased the Gulls' lead by going on an 18-7 run. The Gulls went into the half down eight 42-34. Monica Merkel led the way for the Gulls, recording a double-double. Merkel finished the game with 20 points and 12 rebounds. This is the first time the Gulls have been swept by Marymount since 2000. Lindsay Martin added 17 points and five rebounds while Janay Johnson added seven points and 11 rebounds. The Sea Gulls shot 38.7 percent from the field and outrebounded Marymount 40-36 in their loss.

SU finished their regular season with a 24-point win over Hood College on Saturday. Martin led the way for the Sea Gulls with 19 points and a season-high 12 rebounds. Martin also recorded season highs in assists (six) and steals (five). Johnson had another strong performance, ending the game with 13 points, 13 rebounds

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and three steals. The Gulls defeated their conference rival 73-49 and now turn their attention towards the CAC playoffs. The sixth seed Sea Gulls will travel to third seed St. Mary's on Tuesday, Feb. 26.

#### Women's Lacrosse

The Salisbury University No. 3 women's lacrosse team defeated Christopher Newport on Tuesday afternoon 19-5. Beth Rhodye had a career day scoring six goals. She finished the game with eight points on six goals and two assists. SU went up early, 5-0, scoring two on free position shots. The Sea Gulls went into the half with a 12-1 lead. CNU scored in the early minutes of the second half and failed to ever gain control of the game. Sue Ackermann added three goals and two assists. Jessica Chmielewski, Robyn Bishop, Holly Johnson, and Logan Bilderback all scored two goals to contribute to the powerful Gulls offense. Goalie Sonja Stuart finished the game with eight saves recording her second win of the season.

#### Men's Tennis

The Salisbury University men's tennis team competed in the Drew

Invitational on Saturday. The Gulls swept their opponents in a round-robin tournament by defeating Stevens Institute of Technology, Salve Regina University and Drew University. Brendan Kincaid went on to win back-to-back victories over his No. 1 single opponents 6-2 and 6-2. Scott Burtzlaff and Evan Thomas switched roles at No. 2 and No. 3 singles throughout day one, going 2-0 apiece. Sasha Felikson pushed hard in No. 4 singles as he fought out a 5-7, 6-3, and 10-6 win over Piotr Rusinkiqicz from Stevens Tech and won in straight sets (6-2, 6-0) over Alex Belifore of Drew University. Andrew Nottage and Marcus Robinson recorded 2-0 records at No. 5 and No. 6 singles. The Gulls won their three doubles matches as No. 1 doubles team of Kincaid and Burtzlaff defeated the Drew University pair of Jon Pivor and Vik Rao 8-0. Andrew Nottage and Robinson won 8-2 at No. 2 doubles defeating Salve Regina's team of Jason Lago and Andrew Martin.

The Gulls went 15-0 on Saturday and finished the invitational on Sunday, Feb. 24.

## Sea Gulls

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# SALISBURY SPORTS CALENDAR

Tuesday-2/26	Wednesday-2/27	Thursday-2/28	Friday-2/29	Saturday-3/1	Sunday-3/2	Monday-3/3
Women's Basketball @ St. Mary's (MD) 6:00 PM CAC Tournament - Quarterfinals	Baseball vs Wesley 2:00 PM	Baseball @ Wesley Doubleheader; Noon	Men's Tennis vs. New York University; 2:00 PM	Women's LAX @ York (PA) Noon	Men's Tennis vs. UMES 11:00 AM	
Men's Basketball @ York (PA) 8:00 PM CAC Tournament - Quarterfinals	Men's LAX @ Wesley 3:30 PM	Women's LAX @ Virginia Wesleyan 3:00 PM	Women's Tennis vs. New York University; 2:00 PM	Men's LAX @ Widener 1:00 PM	Men's Tennis vs. St. Mary's 3:00 PM	